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Letter To The Editor

A Russian One-Way Street

President Jimmy Carter promises us that the United States will possess the technical means to monitor the military activities of the Soviet Union and to verify carefully the Soviet compliance with the requirements of the Salt II Treaty.

Those who are not naive realize that the Carter administration concluded the Salt II Treaty with the Soviet Union on terms very favorable to the Russians at a time when intelligence reports on the Russian garrisoning combat soldiers in Cuba were coming in. Informed persons likewise realize that the same administration deliberately suppressed intelligence reports to help promote ratification of the Panama Canal treaties.

Those facts show us that the Carter administration has lost any responsibility, common sense, and confidence of informed citizens. Detente has become a Russian one-way street. Therefore, ratification of the Salt II Treaty would now amount to absurdity, regardless of what the Russians do with their troops in Cuba. Communist war criminals respect and understand only force.

Therefore, informed persons should urge the Congress to appropriate the necessary money to rebuild the military superiority of the United States. They should likewise do their best to achieve the defeat of President Jimmy Carter and all those senators, who voted for ratification of the Panama Canal treaties and who will vote for ratification of the Salt II Treaty, in the elections of 1980.

Sincerely yours,
Dr. Alexander V. Berkis

Your paper has been quite helpful in the start to the ending of the period, from the announcement of the various candidates to the story of the candidates just prior to November general election. Thanks.

I also would like to thank the voters of Cloverhill District for their vote of confidence in my offer to serve on the Appomattox County Board of Supervisors.

As your representative, whether you voted for or against me makes no difference. I can well understand the loyalties developed by families and friends. I hope to represent all.

I will need your help however. To properly represent you, I will have to know what you want. I will try to find out, but if you will drop me a note or give me a call, I will be glad to listen.

Horace W. Coleman, Jr.
Pamplin, Va.

STATEMENT OF HONORABLE DAN DANIEL ON THE FLOOR OF THE HOUSE OF REPRESENTATIVES THURSDAY, NOV. 8, 1979

Today we are witness to an international irony. Mrs. Carter is presently in Southeast Asia attempting to pick up the pieces left by the mischief of Ramsey Clark and others of his philosophy, while Mr. Clark with his Munich mentality waits outside the door of another murderer to practice his brand of appeasement.

Hiram Mann put it aptly: "No one wins when freedom fails. The best men rot in filthy jails, and those who cry 'appease, appease' are hanged by those they try to please."

The President should announce firmly that under no circumstances will the Shah be deported. The Justice Department should take into custody every Iranian student who has participated in demonstrations in connection with this incident, and they should be held until the American citizens are released.

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The Great American Smokeout November 15

The Great American Smokeout, November 15, is a 24-hour celebration designed to help smokers give up their cigarette habit for at least one day. This is a serious, but light-hearted special event sponsored by the American Cancer Society. Why? If a smoker can quit for one day, he will be more likely to try to quit for good.

One of the most successful quitters is Edward Asner, T.V.'s "Lou Grant". Asner, the national Smokeout Chairman, was smoking two packs of high tar, high nicotine cigarettes a day when he quit last Smokeout. And he hasn't lit up since!

In Virginia, there are more than 1,770,000 smokers. Hopefully, 20 percent of them -- more than 300,000 -- will participate in the Great American Smokeout. Studies show that over half of all cigarette smokers say they want to stop.

For the past several weeks, American Cancer Society volunteers have been hard at work developing local public awareness campaigns with the ultimate goal of getting smokers to sign pledge cards saying they'll "Put 'Em Away Just for a Day".

The Great American Smokeout is a new approach to helping smokers quit. No one is lecturing or nagging at the smoker or pushing the statistics of increasing lung cancer rates--it's a good-humored and purposeful celebration.

To help smokers hold off the temptation to light up, the ACS will open a "Smokers' Hotline". Volunteers will man telephone lines around the clock from 5 p.m., Wednesday, November 14th until just past midnight, November 15th. Smokers can call toll free 1-800-552-7996 for helpful hints and encouragement to beat the habit.

Dan Daniels Announces Workshop

Fifth District Congressman Dan Daniel announced today that members of his staff will be available for a "constituent workshop" at Longwood College on Saturday, December 1st when he and Senator John Warner will hold a joint seminar for agricultural, business and governmental leaders.

Daniel said the format of the workshop will be the same as he has used throughout the Fifth District for the past 11 years. Any resident of the district who has a problem with a federal agency may discuss this with the appropriate caseworker.

Arrangements also will be made for representatives of local governments to discuss Federally-related problems, such as grant applications, although it is suggested that prior appointments be set up with the Congressman's office. In addition, provision will also be made for discussion of legislative problems.

Daniel will be involved with the series of meetings for which the special day of seminars has been arranged, but he said full follow up would be made of all matters brought to the workshop.

Those wishing to discuss cases pending before federal agencies should bring with them prior correspondence or file identification numbers to aid the Congressman in his inquiries.

The Pastor Speaks

How To Deal With Anger

"If you become angry, do not let your anger lead you into sin, and so do not stay angry all day. Don't give the devil a chance . . . Do not use harmful words, but only helpful words, the kind that build up and provide what is needed, so that what you say will do good to those who hear you. Get rid of all bitterness, passion, and anger. No more shouting, or insults, no more hateful feelings of any sort. Instead, be kind and tenderhearted to one another and forgive one another, as God has forgiven you through Christ." (Ephesians 4:26, 27, 29, 31, 32. TEV)

Anger is an emotional response of displeasure or antagonism. It is usually prompted by a personal affront of some type. It is usually physical, mental, or emotional, viewed as an attack on oneself or on others. All of us are equipped with the emotion of anger. Anger is productive when it deals with the injustices of society toward its members or of individuals taking advantage of others. Even this can get out of hand. Our goal should be "controlled anger"! The following guidelines will do much to help us deal with our anger.

(1) Speak and act calmly when confronted with anger in yourself or others. Bite your tongue as needed!

(2) Do not use inflammatory words as to excite anger in yourself or others.

(3) Remove needless irritants - things that may cause anger.

(4) Practice tension relievers, such as laughing, or some other physical activity or exercise.

(5) Don't make mountains out of mole-hills.

(6) Practive giving in. You may win an argument but lose a friend in the process.

(7) Practice saying, "I'm sorry" and "Please forgive me"!

If each of us would follow these simple 7 rules, the world would be a much better place in which to live and work!

Clarence H. Davis, Pastor
New Hope Baptist Church
Appomattox, Virginia

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The Bible And Daily Living

By Dr. William L. Trimyer

Love and The New Community Lesson for November 18, 1979
Scripture Reference: Eph. 4:1-5:20
Focal Passage: Ephesians 4:22-5:2

Looking at the focal passage for this week's study lesson, we note that Paul writes to encourage pagan converts a new life-style. A serious encounter with Jesus will produce a radical change of behavior and life-style. A christian soon begins to love the things he used to hate and hate the things he used to love. Its something like getting a new suit of clothes to replace the worn and tattered ones. And most of us know the joy of getting something new!

Another way of interpreting Paul's idea of "putting off the old man" is in psychological terms. In order to change certain behavior, life-styles, and attitudes about self and others, we must occasionally "take off" our emotional clothes. There is something to be said for the ancient wisdom which says, "Know thyself." If we are going to grow up emotionally and spiritually, we must be **willing** to make some needed changes. Becoming a new person in Christ requires a conscious will to change.

Testimonies abound of persons who have encountered Jesus and experienced a radical renewal of their minds. Behavior doesn't change until our thinking also makes a change. Our prejudiced behavior will not change until we alter our negative thinking about other people. Our negative behavior towards life will not change until we work on turning our negative thinking into positive thinking. Christ can help us straighten out our negative thinking!

Getting A New Wardrobe!

It's a good feeling to clean out our closets and rid ourselves of old clothes and replace them with new ones. There's something exciting about wearing a new dress or suit! We tend to feel our best when we look our best! Paul talks to us in Eph. 4:25-32 about "cleaning out our closets" and taking on some new characteristics. Paul is actually calling for a new morality. Our age is no different from the age in which Paul lived and wrote. The need for moral awareness has never been stronger than it is at the present.

Paul's list is surely not complete, but he does name five widely used sins. **Lying** is basically our way of covering our own dirty tracks.

Paul's list is surely not complete, but he does name five widely used sins. **Lying** is basically our way of covering our own dirty tracks. **Anger** which seeks to do people in is a sin. All anger is not wrong. **Stealing** is easily dismissed by many in day to day business practices. The retail business world suffers a terrible loss from employees alone. **Language** that is used to degrade rather than bless another person is also sinful. Words are powerful tools or weapons, depending on how we choose to use them. The pen is mightier than the sword! **Tattletales** are cheap shots to spread malicious rumors about other people. It is even unkind to share the truth at times, particularly if our sharing brings harm to someone.

The Remedy of Love

Love is the greatest antidote for whatever ails us. Better even than Geritol! Paul says that we are to be followers of God, which means we are to pattern ourselves after him. God loves us as his children. He loved us enough to express himself in the Person of Jesus Christ, who chose the path of self-sacrifice that we might enjoy life both abundant and eternal.

The virtue of Christian love does not mean simply loving those closest to us, namely, our families. But Christian love is to be practiced as a way of life. It is a love that costs us something of ourselves. Love is never more beautiful than when we are responding to the needs of another human being. To stoop and tie the dragging shoe laces of a child is an act of love. To visit a lonely person and spend time with them is an act of love. To give money to help feed the starving people around the world is an act of love. To open your heart and your home to a homeless child is an act of love. To care enough about people that you would help support an Inod-Chinese family is an act of love. Jesus said, "In as much as you do it to these, my brothers and sisters, you do it also to me."

Dr. Trimyer is pastor of Elon Baptist Church in Pamplin City, Va.

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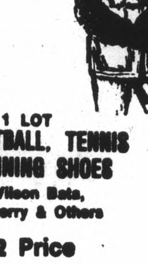

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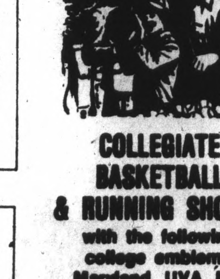

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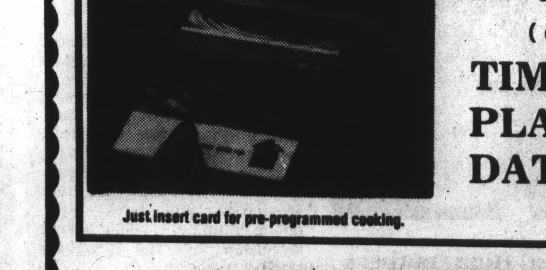

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"The South 40"

By JAMES A. SMITH
EXTENSION AGENT

Don't forget your fire-cured marketing coop meeting this Friday--New Randolph Warehouse in Farmville, 2:00 P.M.

* * *

There is a new estrous synchronization product that was released last Monday, November 12, for beef cattle. A year ago it looked like we would have three products coming out at the same time, but only one has been approved by FDA. It is the UpJohn prostagladin F2 Alpha product that will be sold as Lutalyse. It will be sold through registered veterinarians only. There are some indications it may be available as early as December 1.

This is what the A. I. industry has been waiting on--even many beef producers look to this as a way of reducing bull numbers or not even owning a bull. The key to success is the use of this product + A.I. + Good Management. They all go together. Like most new technology, it always helps a good manager do a better job. It will not make a poor manager into a good manager.

Hopefully we will have a publication concerning the use of this material in a couple of weeks. If you would like a copy, give us a call.

* * *

Talking with one of the owners of Bonherth Farm the other day about beef cattle weights.

One set of steers they sold in the first feeder sale averaged 551 pounds. In the first two sales they sold 37 steers that averaged 500 pounds. This wasn't an accident--it was good seasons, good cows, good buss, and good management. This is a reasonable goal, 500 plus pound weaned cattle, but one not easily attained.

* * *

There are still some soybeans in the field. Here is a good rule of thumb to remember: once a soybean has dried to 15% moisture or less, each subsequent rewetting and drying will result in significant loss of quality and germination.

Where weed control was poor--weeds such as jimson weed, cocklebur, morning glory and pigweed can be killed rather than delaying harvest. Paraquat at the rate of 1 pint per acre in at least 5 gallons of water, if applied by air and 30 gallons of water by ground equipment.

Always read the label for harvest aid before applying

* * *

We've had several calls about the need for re-certification of private applicators. When details have been worked out, you will receive a letter.

* * *

Dairymen need to take advantage of the three cow colleges coming up in December, February and March. You should have received an announcement.

REPORT TO CONSUMERS

What Is A Karat?

When spelled k-a-r-a-t, instead of c-a-r-r-o-t, a karat is not something you may want to have your teeth chomp on but something you may want to get your hands on.

THE KARAT STAMP is your assurance of the quality and genuineness of gold items.

Karat is a jewelry term. In diamonds "carat" refers to the weight. When it comes to gold, the karat stamp indicates the amount or fineness of the gold. Pure gold is 24 karat. Although beautiful, 24-karat gold is generally considered too soft for jewelry, so the gold is alloyed or combined with other metals, such as copper, nickel, silver or zinc.

Most gold jewelry in the U.S. is 14 karat or 18 karat. Fourteen-karat gold contains 14 parts gold and 10 parts other metals. Eighteen-karat gold has a proportion of 18 parts gold to six parts other metals. By U. S. standards jewelry must be at least 10 karat to be called gold.

Alloys used with gold help harden the gold and may also give it a particular tint. Nickel, zinc and copper are added to create white gold, while the addition of copper alone produces pink gold.

When shopping for jewelry, it's a good idea to look for the karat stamp on the piece because only karat gold jewelry is really gold.

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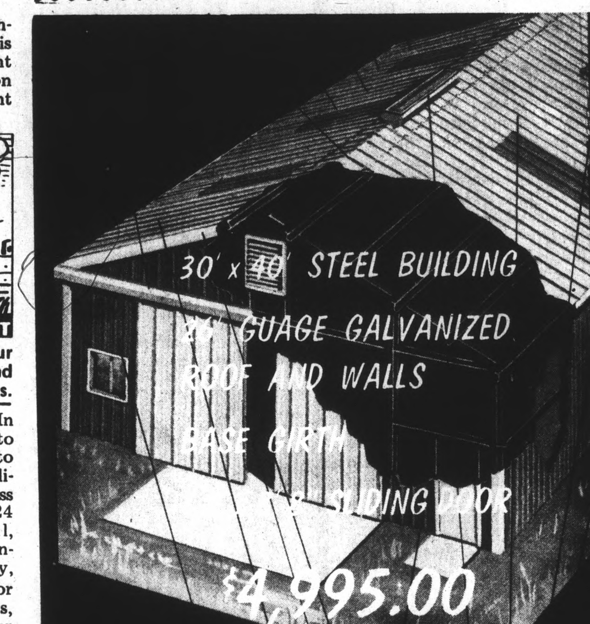

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54th Annual Virginia Farm Bureau Meeting Set For November 27

About 1,000 Virginia agricultural leaders will gather in Roanoke on November 27 for the 54th annual meeting of the Virginia Farm Bureau Federation. Primary purpose of the three day convention is to design and mold the official policy for Virginia Farm Bureau in 1980.

Key issues at the convention are certain to be energy and inflation. Over 100 broadly based issues of state and national interest will be considered. If passed, these issues, which were submitted by each county Farm Bureau, will become Federation policy.

According to Louis Chisholm, VFBF secretary and convention chairman, the convention program will also include addresses by U. S. Senator John Warner and Virginia Lieutenant Governor Charles Robb. Robb will begin the convention with his address on November 27. Warner's address is scheduled for the annual awards banquet on Thursday, the 29th.

Other convention highlights include addresses by Donald Lerch and Dr. Harold Hughes, Lerch is President of Lerch and Co., and Washington, D.C. based agribusiness consulting firm specializing in energy world trade, farm equipment and biological/life science. Hughes is Associate Professor and Project Leader in Agricultural Engineering at Virginia Tech. Their presentations will concern future energy sources for agriculture.

Farm Bureau members will also be recognized for outstanding achievement. The convention's family night will feature the selection of Outstanding Young Farmer and Miss Farm Bureau.

Also included in this program will be a style review and several recognition awards for youngsters.

The New Virginians and the "New Will Rogers" will highlight an evening of entertainment for Farm Bureau members.

The program is a special feature of the 54th annual convention scheduled for November 27-29 at the Hotel Roanoke. The evening of entertainment will begin at 8 p.m. on Wednesday, November 28.

Convention Chairman Louis Chisholm said the featured entertainment promises to fill the 2200-seat auditorium of the Roanoke Civic Center.

Virginia Tech's New Virginians will present a potpourri of pop music, country rock, top 40 and old standards. In addition, humorist Cotton Ivy, often billed as the "New Will Rogers", will entertain conventioneers and their guests.

The program is free to those attending the convention. Other interested Farm Bureau members who wish to attend the program should contact their local county offices to request tickets.

The convention closes on Thursday with final policy proposals, remarks by John Datt, Administrative Secretary of American Farm Bureau, and Senator Warner's address.

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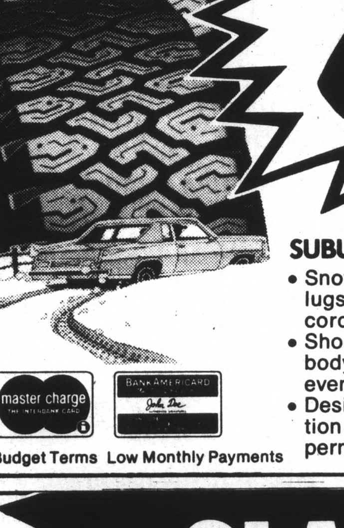

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